

Raleigh Parks and Recreation Department

Adult Programs

May– August 2013

Website: parks.raleighnc.gov

Keyword Search: Active Adults

Anne Gordon Center for Active Adults

1901 Spring Forest Road

Raleigh, NC 27615

919-996-4720

annegordoncenter@raleighnc.gov

Five Points Center for Active Adults

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Raleigh, NC 27608

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ANNE GORDON CENTER FOR ACTIVE ADULTS
1901 SPRING FOREST ROAD, RALEIGH, NC 27615
Phone: 919-996-4720
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AnneGordonCenter@raleighnc.gov



HOURS OF OPERATION: Monday—Friday 9:00 AM - 6:00 pm
The Active Adult Centers will be closed on May 27 (Memorial Day) and July 4 (Independence Day).

How to Register

Mail-In

Send registration form and payment to either Active Adult Center

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

**Trip registrations must be mailed or taken to Anne Gordon Center for Active Adults or Five Points Center for Active Adults.*

Online with Reclink

Visit Reclink.raleighnc.gov

Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment online.

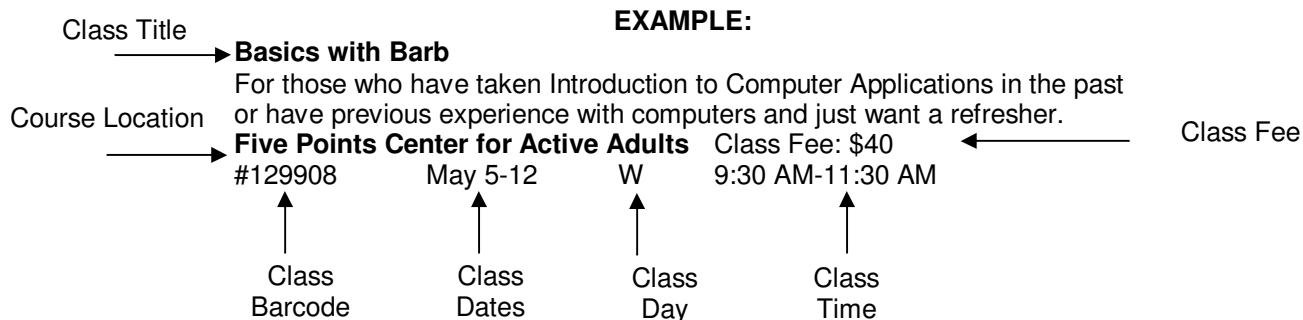
**Trip registrations are not accepted online.*

Don't Wait— Register Early!

Did you know that programs, classes, and trips that have not met the minimum number of registrants 2 weeks prior to the start date will be cancelled? Registering early allows program staff time to plan accordingly and eliminates the cancellation of programs.



How to read course listings



Art

Acrylic Painting

This class is perfect for beginners who want to learn the basics of acrylic painting. Instruction on basic techniques, color palates, and choosing subject matter will be covered. Students will be given a materials list to purchase on their own. Instructor: John Duzs.

Five Points Center for Active Adults	Course Fee: \$0
#139658 May 1-Aug 28 W 12:30 PM-3:00 PM	
#139659 May 6-Aug 26 M 10:30 AM-1:30 PM	

Knitting and Crocheting

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor Judy Bregler

Anne Gordon Center for Active Adults	Course Fee: \$10
#141378 May 7-Jun 25 Tu 2:00 PM-4:00 PM	
#141379 May 2-Jun 20 Th 2:00 PM-4:00 PM	

Knitting and Crocheting Group

Do you enjoy knitting or crocheting? This group offers a chance to socialize with others while making items for gifts or donation. Bring your items to work on while having some fun!

Anne Gordon Center for Active Adults	Course Fee: \$0
#143248 May 1-Aug 28 W 2:00 PM-4:00 PM	

No Sew Blanket

Looking for an easy craft an activity where you can meet new people or hang out with some old friends? This blanket making class is easy for all levels and abilities. Come and find out how to make the blankets for yourself, as gifts, or to be used as a charity item. All materials provided.

Instructor: Mary Ruth Chauvaux

Anne Gordon Center for Active Adults	Course Fee: \$7
#141388 Jun 17 M 10:00 AM-12:00 PM	
#141389 Jul 15 M 10:00 AM-12:00 PM	
#141390 Aug 19 M 10:00 AM-12:00 PM	

Ceramics Basics- Painting Greenware

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list to purchase necessary materials on their own.

Instructor: Ann Long.

Five Points Center for Active Adults	Course Fee: \$0
#139059 May 1-Aug 28 W 9:30 AM-12:00 PM	

Seniors Craft Group

Join your fellow crafters for this craft program. Items created are donated to local hospitals, and charitable organizations.

Five Points Center for Active Adults	Course Fee: \$0
#141375 May 1-Aug 27 M-Th 10:00 AM-12:00 PM	

Computer Classes

Backup Your Computer

This demonstration seminar teaches the importance computer back ups onto various storage devices, back up automation, and ways to store data to prevent loss of documents. Brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Five Points Center for Active Adults	Course Fee: \$12
#139180 Jun 11 Tu 9:30 AM-11:30 AM	

Clean Up Your Computer

Your PC will perform better, run faster, and be protected against spyware if you do periodic clean-ups. This course will cover clean-up procedures for XP, Vista, and Windows 7. Brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Five Points Center for Active Adults	Course Fee: \$12
#139251 Jun 7 F 9:30 AM-12:00 PM	

Email Workshop

This workshop covers including attachments and links in emails; downloading and saving attachments; and other email related skills. This seminar is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Five Points Center for Active Adults	Course Fee: \$12
#139211 May 9 Th 1:00 PM-3:30 PM	
#139214 May 23 Th 1:00 PM-3:30 PM	

Fun with Photos

This class teaches how to use Picasa, a free program from Google, to download, organize, and edit photos. This class is brought to you by Raleigh SeniorTechEd. For more information, please call (919)954-3688.

Five Points Center for Active Adults	Course Fee: \$42
#139241 May 9-30 Th 9:30 AM-11:30 AM	

Introduction to Computer Applications

This course is for students who have some knowledge of computers, mouse movement, and are familiar with the key board. The basics of word processing, file management, databases, spread sheets, and the internet are covered. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Five Points Center for Active Adults	Course Fee: \$42
#139181 May 6-Jun 24 M 1:30 PM-3:30 PM	

Introduction to iCloud

iCloud is a service that allows users to securely store personal computer files on Apple's iCloud servers for access from multiple devices. It is also used for syncing multiple devices to one another. Account set-up and how to make the best use of the service will be covered. Bring your own iPad, iPhone or iPad Touch.

Anne Gordon Center for Active Adults	Course Fee: \$0
#139025 May 1 W 1:30 PM-3:30 PM	
#139026 Jul 10 W 10:00 AM-12:00 PM	

Introduction to iPad, iPhone, and iPod Touch

The iPad, iPhone, and iPod Touch are creating a revolution in computers and the way we live. This course will focus on products from Apple to illustrate their capabilities and basic Concepts. Device set-up and a brief overview of the many applications (apps) available will also be covered. Bring your own iPad, iPhone or iPod Touch.

Anne Gordon Center for Active Adult	Course Fee: \$0
#139021 May 15 W 1:30 PM-3:30 PM	
#139022 Jun 26 W 10:00 AM-11:00 AM	
#139023 Jul 24 W 1:30 PM-3:30 PM	
#139024 Aug 21 W 10:00 AM-12:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#139009 May 1 W 10:00 AM-12:00 PM	
#139010 Jun 12 W 1:30 PM-3:30 PM	
#139011 Jul 10 W 10:00 AM-12:00 PM	
#139015 Aug 7 W 1:30 PM-3:30 PM	

Microsoft Excel Spreadsheets Seminar

The seminar introduces students to the use of a spreadsheet and how it can be used for budgeting, expense tracking, tax planning, home inventory, auto mileage calculations, and more. Brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Five Points Center for Active Adults Course Fee: \$12
#139246 May 14 Tu 1:00 PM-3:30 PM

Quicken

Quicken is a software program that assists in personal financial management. Topics covered include bank account and credit card tracking, investments, and budgeting.

Prerequisite: Intro to Computer Applications or equivalent computer skills are required. This course is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Five Points Center for Active Adults Course Fee: \$42
#139249 May 8-Jun 26 W 1:30 PM-3:30 PM

Using Search Engines

This seminar will help you use search engines efficiently so the information you need is at your finger tips. There are many search engines - which one(s) should you use? How do you tell the search engine what to look for? All of these questions and more will be answered. This course is brought to you by Raleigh SeniorTechEd. For more information on this course, please contact 919-954-3688.

Five Points Center for Active Adults Course Fee: \$12
#139258 Jun 21 F 9:30 AM-12:00 PM

Where's My Stuff?

This seminar will discuss file management concepts and show you how to use the Windows program to find, organize, and backup data on the computer and storage devices. Windows Explorer in Windows 7 will be used in this seminar, yet the general concepts will also apply to previous Windows versions. This seminar is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Five Points Center for Active Adults Course Fee: \$12
#139194 May 24 F 9:30 AM-12:00 PM

Educational Programs**AARP Safe Driving Course for Older Adults**

This program covers rules of the road, defensive driving and how to operate a vehicle more safely in today's increasingly challenging driving environment. Course fee is \$12.00 for AARP Members, \$14.00 for non-members and is to be paid to the instructor.

Five Points Center for Active Adults Course Fee: \$0
#142716 May 3 F 12:30 PM-4:30 PM

Anne Gordon Center for Active Adults Course Fee: \$0
#143313 May 6 M 9:00 AM-1:00 PM

Benefits- Home Health Care

If you have Medicare or private insurance, you have a home healthcare benefit. Nursing care and therapy may be available to you in your home after a hospital stay or an illness at no cost to you. Learn about this important benefit that may keep from going to a nursing facility for care. Co-sponsored by Resources for Seniors and Gentiva Home Health.

Anne Gordon Center for Active Adults Course Fee: \$0
#140876 May 2 Th 12:00 PM-1:30 PM

Five Points Center for Active Adults Course Fee: \$0
#140880 May 7 Tu 12:00 PM-1:30 PM

Living Healthy with Diabetes

The Diabetes Self-Management Program goal is to enable participants to build self-confidence to assume a major role in maintaining their health and managing their chronic health conditions related to diabetes. Concepts include: what is diabetes?, monitoring, healthy eating plan, low blood sugar prevention, hypoglycemia, low fat meal planning, nutrition labels, sick day strategies, foot care, and more. This program is co-sponsored by Resources for Seniors & Triangle J.

Five Points Center for Active Adults Course Fee: \$0
#140975 May 1-Jun 5 W 1:00 PM-3:30 PM

Backyard Birding

Join us to learn about the birds in our backyards. We will hear their songs, learn some common species and ways to attract them to your backyard. We will also make a bird feeder for you to hang at home. Pre-registration is REQUIRED FOUR days prior to program. For more information, contact Nature programs at 919-831-6856.

Anne Gordon Center for Active Adult Course Fee: \$7
#139425 May 7 Tu 10:00 AM-11:15 AM

Five Points Center for Active Adults Course Fee: \$7
#139426 Jul 16 Tu 10:00 AM-11:15 AM

Balance Screening

Have you noticed a decrease in your mobility or trouble with your balance? This free balance screening, presented by Mobile Rehab Physical Therapy, will offer 1:1 consultation with a physical therapist who can objectively measure your balance and provide recommendations to help keep you strong, mobile, and independent. Pre-registration is required.

Anne Gordon Center for Active Adults Course Fee: \$0
#140993 May 30 Th 10:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
#140998 May 29 W 10:00 AM-12:00 PM

Brain Power

Explore simple ways to maintain and boost your mental acuity. We will discuss a different topic each month. Facilitated by Janet Harrison with Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#140963 May 9 Th 1:00 PM-2:00 PM

#140964 Jun 13 Th 1:00 PM-2:00 PM

#140965 Jul 11 Th 1:00 PM-2:00 PM

#140962 Aug 8 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#140959 May 13 M 1:00 PM-2:00 PM

#140960 Jun 10 M 1:00 PM-2:00 PM

#140961 Jul 8 M 1:00 PM-2:00 PM

#140962 Aug 12 M 1:00 PM-2:00 PM

Blood Pressure Screenings

Take advantage of these FREE Blood Pressure Screenings. These screenings are offered by Dr. Casey Baldwin with Resources For Seniors and Sunnybrook Healthcare.

Anne Gordon Center for Active Adults	Course Fee: \$0
May 1– Aug 7 1st Wednesday	9:30 AM-10:30 AM
May 28– Aug 27 4th Tuesday	9:30 AM-10:30 AM
Five Points Center for Active Adults	Course Fee: \$0
May 6-Aug 19 1st and 3rd Monday	9:30 AM-10:30 AM

Health Talk with Dr. Baldwin

Dr. Casey Baldwin, Senior Care Pharmacist with Resources for Seniors, will discuss an important 'health topic' for older adults each month. Don't miss an opportunity to be more informed about healthy living and to ask general questions.

Five Points Center for Active Adults	Course Fee: \$0
#140983 May 7 Tu	10:15 AM-11:15 AM
#140984 Jun 4 Tu	10:15 AM-11:15 AM
#140985 Jul 2 Tu	10:15 AM-11:15 AM
#140986 Aug 6 Tu	10:15 AM-11:15 AM

Preparing for Medicare

The Seniors' Health Insurance Information Program (SHIIP) is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, and Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. The seminars are open to anyone interested in a quick explanation of Medicare and will include a question and answer session.

Anne Gordon Center for Active Adults	Course Fee: \$0
#143221 May 21 T	10:00 AM-12:00 PM
#143223 Aug 14 W	1:00 PM-3:00 PM
Five Points Center for Active Adults	Course Fee: \$0
#143222 Jul 10 W	10:00 AM-12:00 PM

Life: Living Graciously

What does it mean to live graciously? Different topics will be discussed each month. You may select one, a few, all! Facilitated by Janet Harrison with Resources for Seniors

Anne Gordon Center for Active Adults	Course Fee: \$0
#141037 May 16 Th	1:00 PM-2:00 PM
#141038 Jun 20 Th	1:00 PM-2:00 PM
#141039 Jul 18 Th	1:00 PM-2:00 PM
#141040 Aug 15 Th	1:00 PM-2:00 PM
Five Points Center for Active Adults	Course Fee: \$0
#141041 May 21 Tu	1:00 PM-2:00 PM
#141042 Jun 18 Tu	1:00 PM-2:00 PM
#141043 Jul 16 Tu	1:00 PM-2:00 PM
#141044 Aug 20 Tu	1:00 PM-2:00 PM

Living Wills

What are living wills and why do we need one? Information on the elements of this document and how to define your needs will be presented. Co-sponsored by Resources for Seniors and Wills on Wheels.

Anne Gordon Center for Active Adults	Course Fee: \$0
#141034 Jul 25 Th	1:00 PM-3:00 PM
Five Points Center for Active Adults	Course Fee: \$0
#141033 Jul 23 Tu	1:00 PM-3:00 PM

Medicaid Informational Seminar

Come learn the ins and outs of Medicaid, including how and when someone qualifies. Co-sponsored by Resources for Seniors and Laurels of Forest Glenn.

Five Points Center for Active Adults	Class Fee: \$0
#143341 May 21 Tu	10:30 AM-11:30 AM

Medicare— you Have Earned A Say!

This program will offer information on proposed Medicare changes and will include a facilitated discussion to help you determine the changes that you feel will best sustain the program. Co-sponsored by AARP and Resources for Seniors.

Anne Gordon Center for Active Adults	Course Fee: \$0
#143339 May 16 Th	12:00 PM-1:30 PM
Five Points Center for Active Adults	Course Fee: \$0
#143340 May 14 Tu	12:00 PM-1:30 PM

Medication Check

Bring all prescriptions, over the counter medications, and supplements for an individual medication check. Dr. Baldwin, Resources for Seniors pharmacist, and pharmacy students will review your medications, check for potential drug interactions, and answer medication related questions. Pre-registration is required. Please call 919)996-4738 for an appointment.

Anne Gordon Center for Active Adults	Course Fee: \$0
#141031 May 23 Th	10:00 AM-12:00 PM

Prepare to Care

It is important to take charge of your finances, home, and health. Planning for long- term care is one of the smartest decisions you can make, and is a gift for your family. Learn the five areas that will influence your lifestyle later on.

Co-sponsored by AARP and Resources for Seniors

Anne Gordon Center for Active Adults	Course Fee: \$0
#141035 Aug 22 Th	1:00 PM-3:00 PM
Five Points Center for Active Adults	Course Fee: \$0
#141036 Aug 13 Tu	1:00 PM-3:00 PM

Safety: Carfit

AARP representatives will check how well you "FIT" in your vehicle and offer suggestions on ways to adapt for better fit, effectiveness, and safety will be offered. Co-sponsored by AARP and Resources for Seniors.

Anne Gordon Center for Active Adults	Course Fee: \$0
#141046 Jun 20 Th	9:30 AM-12:30 PM
Five Points Center for Active Adults	Course Fee: \$0
#141047 Jun 11 Tu	9:30 AM-12:30 PM



Finance-

Outlook & Opportunities: Preparing for the Road Ahead - This seminar addresses investor concern surrounding the slow pace of economic recovery, inflation and interest rates, rising deficits and debt. Co-sponsored by Edward Jones & Resources for Seniors

Five Points Center for Active Adults Course Fee: \$0
#140970 Jun 4 Tu 1:00 PM-2:00 PM

SHIIP One on One Appointments

There are 31 insurance companies licensed to sell supplement and advantage plans in Wake County, in addition to Medicare? These 1:1 appointments will help you to understand your options with the Senior Health Insurance Information Program (SHIIP). Our SHIIP expert will help you identify the top 2-3 plans to best meet your needs. You must pre-register, either in person or by calling (919)996-4730.

Anne Gordon Center for Active Adults Course Fee: \$0
May 23– Aug 22 Th (4th) 1:00 PM-3:00 PM
Five Points Center for Active Adults Course Fee: \$0
May 3– Aug 16 F (1st & 3rd) 1:00 PM-3:00 PM
May 14-Aug 13 T (2nd) 10:00 AM-12:00 PM

What is Accupuncture?

Acupuncture treats patients by manipulating needles inserted into acupuncture points in the skin. Nancy Davison, licensed acupuncturist and physical therapist, will discuss differences between Western and Eastern medicine; the different styles of acupuncture; the various professionals that perform acupuncture and their credentials; as well as answer questions about the value of acupuncture for you.

Five Points Center for Active Adults Course Fee:\$5
#143405 Jun 12 W 11:30 AM-1:00 PM

Fitness**Ageless Grace**

This class offers 21 simple tools for lifelong comfort and ease! Each of the tools focuses on specific areas of the brain and body to improve balance, flexibility, and cognitive function. All while sitting in a chair. It's fun and best of all, it's easy! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson

Anne Gordon Center for Active Adults Course Fee: \$8
#141281 May 7-28 Tu 2:00 PM-2:45 PM
#141282 Jun 4-25 Tu 2:00 PM-2:45 PM
#141283 Jul 2-30 Tu 2:00 PM-2:45 PM
#141284 Aug 6-27 Tu 2:00 PM-2:45 PM
Five Points Center for Active Adults Course Fee: \$8
#141285 May 1-29 W 2:00 PM-2:45 PM
#141286 Jun 5– 26 W 2:00 PM-2:45 PM
#141287 Jul 3-31 W 2:00 PM-2:45 PM
#141288 Aug 7-28 W 2:00 PM-2:45 PM

Balancing Act- Senior Movement

This class aims to increase balance and consists of a basic warm up, followed by daily functional movements, such as reaching items overhead or the proper ways to get into/out of a chair. Instructor: Bettie Ittenbach

Five Points Center for Active Adults Course Fee: \$8
#140327 May 9-30 Th 2:15 PM-3:00 PM
#140328 Jun 6-27 Th 2:15 PM-3:00 PM
#140329 Jul 4-Aug 1 Th 2:15 PM-3:00 PM
#140330 Aug 8-29 Th 2:15 PM-3:00 PM

BeneFitness

Strengthen muscles, improve range of motion, balance, flexibility, and strength through low impact aerobics, stretching, and light weights. Come and enjoy the *BeneFitness* of exercise! Instructor: Bill Unger

Five Points Center for Active Adults Course Fee: \$0
#139278 May 2-30 Th, Tu 9:30 AM-10:15 AM
#139279 Jun 4-27 Tu, Th 9:30 AM-10:15 AM
#139280 Jul 2-25 Tu, Th 9:30 AM-10:15 AM
#139282 Aug 1-29 Th, Tu 9:30 AM-10:15 AM

Cardio Sculpt

Cardio Sculpt is a combination class that helps burn fat and build lean muscles. Half of the class is spent doing low impact aerobic exercises; the other is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! Instructor: Jane Stenhouse

Five Points Center for Active Adults Course Fee: \$8
#139172 May 1-29 W 10:15 AM-11:15 AM
#139173 May 6-27 M 10:15 AM-11:15 AM
#139174 Jun 3-24 M 10:15 AM-11:15 AM
#139175 Jun 5-26 W 10:15 AM-11:15 AM
#139176 Jul 1-29 M 10:15 AM-11:15 AM
#139177 Jul 3-24 W 10:15 AM-11:15 AM
#139178 Aug 5-26 M 10:15 AM-11:15 AM
#139179 Aug 7-28 W 10:15 AM-11:15 AM

Drumming for Fitness

Improve physical fitness, burn fat, and release stress all while having fun. Traditional no-to-low impact aerobic movements are combined with the powerful beat and rhythm of drums. You will use foam drumsticks on chairs. There is no sitting in this class! You will leave sweating, tired, and smiling because you feel great. Instructor: Lauren Llewellyn

Anne Gordon Center for Active Adults Course Fee: \$8
#139617 May 6-20 M 2:30 PM-3:15 PM
#139618 Jun 3-24 M 2:30 PM-3:15 PM
#139619 Jul 1-29 M 2:30 PM-3:15 PM
#139620 Aug 5-26 M 2:30 PM-3:15 PM
#143072 May 1-29 W 2:30 PM-3:15 PM
#143073 Jun 5-26 W 2:30 PM-3:15 PM
#143074 Jul 3-31 W 2:30 PM-3:15 PM
#143075 Aug 7-28 W 2:30 PM-3:15 PM

Five Points Center for Active Adults Course Fee: \$8
#139613 May 7-28 Tu 2:45 PM-3:30 PM
#139614 May 7-28 Tu 2:45 PM-3:30 PM
#139615 May 7-28 Tu 2:45 PM-3:30 PM
#139616 May 7-28 Tu 2:45 PM-3:30 PM

Lake Lynn Community Center Course Fee:\$8
#1396121 May 1-29 W 2:30 PM-3:15 PM
#139613 Jun 5-26 W 2:30 PM-3:15 PM
#139613 Jul 10-31 W 2:30 PM-3:15 PM
#139613 Aug 7-28 W 2:30 PM-3:15 PM

Group Fitness Training

This course provides instruction on the fitness equipment and workout resources in the Five Points Center for Active Adults Fitness Room. Small class sizes allow for one-on-one assistance from the instructor. All ability and experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$4/day
Tues, Wed, or Thur 10:00 AM-10:45 AM
Tues, Wed, or Thur 2:00 PM-2:45 PM

Line Dance for Active Adults– Beginner

Come learn some easy line dances, a great way to get some exercise and put a smile on your face. Instructor: Mitzi Kelley

Anne Gordon Center for Active Adults	Course Fee: \$0
#138832 May 3-Aug 30 F	2:30 PM-3:30 PM
Five Points Center for Active Adults	Course Fee: \$0
#138828 May 1– Aug 29 M, W	1:00 PM-2:00 PM

Line Dance for Active Adults- Beginner/Intermediate

For those who have some dancing experience and would like the challenge of learning more difficult dances. Instructor: Mitzi Kelley

Five Points Center for Active Adults	Course Fee: \$0
#138873 May 1-Aug 29 M, W	2:00 PM-3:00 PM
Anne Gordon Center for Active Adults	
#143843 May 3-Aug 30 F	1:00 PM-2:00 PM

Line Dance Open Studio

Join us for this fun and informal line dance program. No line dancing experience is required. You will enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults	Course Fee: \$0
#141368 May 3-Aug 16 F	1:30 PM-3:00 PM
Anne Gordon Center for Active Adults	
#143385 May 1-Aug 26 M	9:30 AM-11:00 AM

QiGong-Chair-Based QiGong

This beginner level class provides students with physical limitations the benefits of QiGong practice in a seated position. The movements are a modified version of the 24 Posture Therapeutic QiGong System. Class requires sitting and simple upper body movements. Instructor: Michael Hronas

Five Points Center for Active Adults	Course Fee: \$8
#141313 May 7-28 Tu	9:15 AM-10:00 AM
#141314 Jun 4-25 Tu	9:15 AM-10:00 AM
#141315 Jul 2-30 Tu	9:15 AM-10:00 AM
#141316 Aug 6-27 Tu	9:15 AM-10:00 AM
#141317 May 2-30 Th	9:15 AM-10:00 AM
#141318 Jun 6-27 Th	9:15 AM-10:00 AM
#141319 Jul 11-25 Th	9:15 AM-10:00 AM
#141320 Aug 1-29 Th	9:15 AM-10:00 AM

QiGong-Therapeutic QiGong

The 24 gentle and simple movements of QiGong promote energy and good health for the student. Good energy flow in the body may thwart or reverse many diseases, including high blood pressure, arthritis, diabetes, and more. This beginner class requires simple upper body movements and standing. Instructor: Michael Hronas

Anne Gordon Center for Active Adult	Course Fee: \$8
#141347 May 7-28 Tu	11:30 AM-12:15 PM
#141349 Jun 4-25 Tu	11:30 AM-12:15 PM
#141350 Jul 2-30 Tu	11:30 AM-12:15 PM
#141352 Aug 6-27 Tu	11:30 AM-12:15 PM
#141341 May 3-24 F	10:30 AM-11:15 AM
#141342 Jun 7-28 F	10:30 AM-11:15 AM
#141346 Jul 5-Aug 2 F	10:30 AM-11:15 AM
#141348 Aug 2-30 F	11:30 AM-12:15 PM
#141351 Aug 9-30 F	10:30 AM-11:15 AM

Five Points Center for Active Adults	Course Fee: \$8
#141336 May 1-29 W	9:15 AM-10:00 AM
#141337 Jun 5-26 W	9:15 AM-10:00 AM
#141338 Jul 3-31 W	9:15 AM-10:00 AM
#141339 Aug 7-28 W	9:15 AM-10:00 AM
#141343 May 3-31 F	9:15 AM-10:00 AM
#141344 Jun 7-28 F	9:15 AM-10:00 AM
#141345 Jul 5-26 F	9:15 AM-10:00 AM

Seniorcise

Strengthen muscles and improve movement for a healthier life-style through low impact exercise. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity.

Anne Gordon Center for Active Adult	Course Fee: \$8
Instructor: Lauren Llewellyn	
#138775 May 7-28 Tu	9:15 AM-10:00 AM
#138776 Jun 4-25 Tu	9:15 AM-10:00 AM
#138778 Jul 2-30 Tu	9:15 AM-10:00 AM
#138781 Aug 6-27 Tu	9:15 AM-10:00 AM
#138774 May 2-30 Th	9:15 AM-10:00 AM
#138777 Jun 6-27 Th	9:15 AM-10:00 AM
#138779 Jul 11-25 Th	9:15 AM-10:00 AM
#138780 Aug 1-29 Th	9:15 AM-10:00 AM
Five Points Center for Active Adults	Course Fee: \$8
Instructor: Sharon Gale	

#138758 May 7-21 Tu	2:00 PM-2:45 PM
#138760 Jun 4-25 Tu	2:00 PM-2:45 PM
#138762 Jul 2-30 Tu	2:00 PM-2:45 PM
#138764 Aug 6-27 Tu	2:00 PM-2:45 PM
#138759 May 2-30 Th	2:00 PM-2:45 PM
#138761 Jun 6-27 Th	2:00 PM-2:45 PM
#138763 Jul 11-25 Th	2:00 PM-2:45 PM
#138765 Aug 1-29 Th	2:00 PM-2:45 PM
Greystone Community Center	Course Fee: \$8
Instructor: Lauren Llewellyn	

#142179 May 6-27 M	10:00 AM-10:45 AM
#142222 Jun 3-24 M	10:00 AM-10:45 AM
#142223 Jul 1-29 M	10:00 AM-10:45 AM
#142224 Aug 5-26 M	10:00 AM-10:45 AM
#142221 May 3-24 F	10:00 AM-10:45 AM
#142225 Jun 7-28 F	10:00 AM-10:45 AM
#142226 Jul 5-26 F	10:00 AM-10:45 AM
#142227 Aug 2-23 F	10:00 AM-10:45 AM
Lake Lynn Community Center	Course Fee: \$8
Instructor: Lauren Llewellyn	

#138751 May 7-28 Tu	9:00 AM-9:45 AM
#138752 Jun 4-25 Tu	9:00 AM-9:45 AM
#138754 Jul 2-30 Tu	9:00 AM-9:45 AM
#138757 Aug 6-27 Tu	9:00 AM-9:45 AM
#138750 May 2-30 Th	9:00 AM-9:45 AM
#138753 Jun 6-27 Th	9:00 AM-9:45 AM
#138755 Jul 11-25 Th	9:00 AM-9:45 AM
#138756 Aug 1-29 Th	9:00 AM-9:45 AM
Powell Drive Park	Course Fee: \$8
Instructor: Bill Unger	

#138767 May 7-28 Tu	2:00 PM-2:45 PM
#138768 Jun 4-25 Tu	2:00 PM-2:45 PM
#138770 Jul 2-30 Tu	2:00 PM-2:45 PM
#138773 Aug 6-27 Tu	2:00 PM-2:45 PM
#138766 May 2-30 Th	2:00 PM-2:45 PM
#138769 Jun 6-27 Th	2:00 PM-2:45 PM
#138771 Jul 11-25 Th	2:00 PM-2:45 PM
#138772 Aug 1-29 Th	2:00 PM-2:45 PM

Seniors In Motion

This class includes stretching and flexibility movements, low impact cardio, and strength training. Instructor: Bettie Ittenbach

Laurel Hills Community Center	Course Fee: \$8
#140366 May 1-29 W	10:15 AM-11:15 AM
#140367 May 3-31 F	10:15 AM-11:15 AM
Pullen Community Center	Course Fee: \$8
#140368 Jun 5-26 W	10:15 AM-11:15 AM
#140370 Jul 3-24 W	10:15 AM-11:15 AM
#140372 Aug 7-28 W	10:15 AM-11:15 AM
#140369 Jun 7-28 F	10:15 AM-11:15 AM
#140371 Jul 5-26 F	10:15 AM-11:15 AM

Silver Cardio

This intermediate level class includes basic warm up moves, and 30 minutes of constant, low impact moves, with a 'burst' of fun moves added in the session, such as gentle boxing, floor exercises, and balance elements. Instructor: Bettie Ittenbach

Five Points Center for Active Adults			Course Fee: \$8
#140332	May 7-28	Tu	1:00 PM-2:00 PM
#140333	Jun 4-25	Tu	1:00 PM-2:00 PM
#140335	Jul 2-30	Tu	1:00 PM-2:00 PM
#140338	Aug 6-27	Tu	1:00 PM-2:00 PM
#140331	May 2-30	Th	1:00 PM-2:00 PM
#140334	Jun 6-27	Th	1:00 PM-2:00 PM
#140336	Jul 11-25	Th	1:00 PM-2:00 PM
#140337	Aug 1-29	Th	1:00 PM-2:00 PM

Tai Chi Chih for Active Adults

Tai Chi Chih consists of 19 flowing moves and helps to balance and circulate energy (chi). It is simple to learn and a joy to experience. Students of all levels may experience benefits such as decreased stress/anxiety, improved balance, and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center for Active Adults			Course Fee: \$8
#139260	May 6-20	M	11:00 AM-12:15 PM
#139261	Jun 3-24	M	11:00 AM-12:15 PM
#139262	Jul 1-29	M	11:00 AM-12:15 PM
#139263	Aug 5-Sep 2	M	11:00 AM-12:15 PM

T'ai Chi for Active Adults— Advanced Beginner

T'ai Chi is a low/no impact slow motion exercise consisting of a series of motions. As you move, focus is on breathing, movements, and body sensations. T'ai Chi can be adapted for all fitness levels. Benefits include enhanced immune system, decreased blood pressure, and reduced chronic pain. Instructor: Michael Hronas

Anne Gordon Center for Active Adults			Course Fee: \$8
#141380	May 7-28	Tu	10:30 AM-11:15 AM
#141381	Jun 4-25	Tu	10:30 AM-11:15 AM
#141382	Jul 16-30	Tu	10:30 AM-11:15 AM
#141383	Aug 6-27	Tu	10:30 AM-11:15 AM
#141384	May 3-31	F	11:30 AM-12:15 PM
#141385	Jun 7-28	F	11:30 AM-12:15 PM
#141386	Jul 5-26	F	11:30 AM-12:15 PM
#141387	Aug 2-23	F	11:30 AM-12:15 PM

Total Body Conditioning

This class will strengthen your mind and body! Improve your quality of life by building strength and balance—both are essential to maintaining physical independence! Instructor: Jane Stenhouse

Five Points Center for Active Adults			Course Fee: \$8
#139164	May 7-28	Tu	1:00 PM-2:00 PM
#139165	Jun 4-25	Tu	1:00 PM-2:00 PM
#139167	Jul 2-30	Tu	1:00 PM-2:00 PM
#139167	Jul 2-30	Tu	1:00 PM-2:00 PM
#139169	Aug 6-27	Tu	1:00 PM-2:00 PM
#139163	May 2-30	Th	1:00 PM-2:00 PM
#139166	Jun 6-27	Th	1:00 PM-2:00 PM
#139168	Jul 11-25	Th	1:00 PM-2:00 PM
#139170	Aug 8-29	Th	1:00 PM-2:00 PM

Wednesday Walk and Wellness

Enjoy a walk in the Five Points area near the Active Adult Center that will include focus on stretching and cardio exercises to improve your overall wellness. During inclement weather, we will walk inside Five Points Center. Instructor: Jane Stenhouse

Five Points Center for Active Adults			Course Fee: \$0
#141361	May 1-Aug 28	W	1:00 PM-2:00 PM

Total Body Toning

Weight-bearing exercise is especially important as we age. This intermediate class incorporates hand weights, resistance tubing, and our own body weight to provide resistance, build strength, and improve flexibility of the joints. Instructor: Kathy Cassidy

Five Points Center for Active Adults			Course Fee: \$8
#141353	May 1-29	W	11:30 AM-12:30 PM
#141354	Jun 5-26	W	11:30 AM-12:30 PM
#141355	Jul 3-24	W	11:30 AM-12:30 PM
#141356	Aug 7-28	W	11:30 AM-12:30 PM
#141357	May 3-31	F	11:30 AM-12:30 PM
#141358	Jun 7-28	F	11:30 AM-12:30 PM
#141359	Jul 5-26	F	11:30 AM-12:30 PM
#141360	Aug 2-23	F	11:30 AM-12:30 PM

Yoga-Gentle Yoga for Beginners

This gentle approach to yoga accommodates students of all physical abilities. Poses will be done standing, sitting in a chair, leaning against the wall for support, and using a mat. Breathing exercises, to improve lung capacity and focus, and a period of deep relaxation or meditation are included in each class. Instructor: Barbara Halpern

Five Points Center for Active Adults			Course Fee: \$8
#138667	May 6-27	M	3:30 PM-4:30 PM
#138669	Jun 3-24	M	3:30 PM-4:30 PM
#138671	Jul 1-29	M	3:30 PM-4:30 PM
#138673	Aug 5-26	M	3:30 PM-4:30 PM
#138668	May 1-29	W	3:30 PM-4:30 PM
#138670	Jun 5-26	W	3:30 PM-4:30 PM
#138672	Jul 3-31	W	3:30 PM-4:30 PM
#138674	Aug 7-28	W	3:30 PM-4:30 PM

Yoga— Chair Yoga

This beginning class includes: stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints, & breath awareness to calm & release tension. All standing poses may be done with the support of a chair. Instructor: Jessica Molette

Five Points Center for Active Adults			Course Fee: \$8
#143257	May 6-20	M	3:30 PM-4:30 PM
#143258	June 3-24	M	3:30 PM-4:30 PM
#143259	July 1-29	M	3:30 PM-4:40 PM
#143260	Aug 1-29	M	3:30 PM-4:30 PM
Instructor: Rose Parli			
#143044	May 7-28	Tu	11:45 AM-12:45 PM
#141297	Jun 4-25	Tu	11:45 AM-12:45 PM
#141299	Jul 2-30	Tu	11:45 AM-12:45 PM
#141301	Aug 6-27	Tu	11:45 AM-12:45 PM

Instructor: Jessica Molette			
#141291	May 1-29	W	3:30 PM-4:30 PM
#141292	Jun 5-26	W	3:30 PM-4:30 PM
#141293	Jul 3-31	W	3:30 PM-4:30 PM
#141294	Aug 7-28	W	3:30 PM-4:30 PM
Instructor: Rose Parli			
#141296	May 2-23	Th	11:45 AM-12:45 PM
#141298	Jun 6-27	Th	11:45 AM-12:45 PM
#143165	Jul 11-25	Th	11:45 AM-12:45 PM
#141302	Aug 1-29	Th	11:45 AM-12:30 PM
Instructor: Jessica Molette			
#143261	May 2-23	Th	3:30 PM-4:30 PM
#143262	June 6-27	Th	3:30 PM-4:30 PM
#143263	July 11-25	Th	3:30 PM-4:30 PM
#143264	Aug 1-29	Th	3:30 PM-4:30 PM

Zumba— Chair Based Zumba

This beginner level class uses both Latin and traditional chair moves. Other elements of the class include the use of elastic bands, seated abdominal exercises, and warm up/cool down movements. Instructor: Bettie Ittenbach

Five Points Center for Active Adults			Course Fee: \$8
#140354	May 7-28	Tu	2:30 PM-3:15 PM
#140355	Jun 4-25	Tu	2:30 PM-3:15 PM
#140356	Jul 2-30	Tu	2:30 PM-3:15 PM
#140357	Aug 6-27	Tu	2:30 PM-3:15 PM

Zumba Gold

Zumba Gold is known for zesty Latin and international music, easy to follow moves, and an invigorating party-like atmosphere! This is intermediate level dance-fitness class is friendly and fun!

Five Points Center for Active Adults			Course Fee: \$8
Instructor: Bettie Ittenbach			
#143239	May 6-27	M	1:00 PM-2:00 PM
#143240	Jun 3-24	M	1:00 PM-2:00 PM
#143241	Jul 1-29	M	1:00 PM-2:00 PM
#143242	Aug 5-26	M	1:00 PM-2:00 PM
Instructor: Kathy Cassidy			
#141327	May 3-31	F	12:30 PM-1:30 PM
#141328	Jun 7-28	F	12:30 PM-1:30 PM
#141329	Jul 5-26	F	12:30 PM-1:30 PM
#141330	Aug 2-30	F	12:30 PM-1:30 PM
Laurel Hills Community Center			Course Fee: \$8
Instructor: Bettie Ittenbach			
#141331	May 1-29	W	11:30 AM-12:30 PM

Pullen Community Center

Instructor: Bettie Ittenbach			
#141332	Jun 5-26	W	11:30 AM-12:30 PM
#141333	Jul 3-31	W	11:30 AM-12:30 PM
#141334	Aug 7-28	W	11:30 AM-12:30 PM

Social Programs**Dance-Beginner Ballroom**

Learn the most popular ballroom dance steps, including Fox Trot, Waltz, Rumba, Swing, and Cha Cha. No partner required for this class. Instructor: Deb Brown.

Five Points Center for Active Adults			Course Fee: \$25
#141362	May 7-Jun 13	Tu, Th	10:30 AM-11:30 AM
#141363	Jun 25-Aug 1	Tu, Th	10:30 AM-11:30 AM

Bingo

Enjoy making friends and sharing laughs while playing Bingo! A variety of games are played including straight bingo, 4 corners, postage stamp, and clear all. Cost is \$1 for 3 cards or \$0.50 per card.

Anne Gordon Center for Active Adult			
#141271	May 3-Aug 30	F	10:00 AM-1:00 PM
Five Points Center for Active Adults			
#141270	May 1-Aug 21	W (1st & 3rd)	2:00 PM-4:00 PM
Greystone Community Center			
#141272	May 7-Aug 27	Tu	2:00 PM-3:30 PM
Carriage House Apts (116 Saint Mary's Street)			
#141267	May 6-Aug 26	M	1:30 PM-2:30 PM
Stonehenge Apts (7303 Hillhenge Ct)			
#141268	May 2-Aug 29	Th (1st & 3rd)	10:00 AM-12:00 PM
Parkview Manor (911 N. Blount St)			
#141269	May 6-Aug 26	M	3:00 PM-4:00 PM
Pullen Community Center			
#141273	May 11-Aug 31	W (2nd & 4th)	2:00 PM-4:00 PM

Bridge for Active Adults - Open Play

Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults			Course Fee: \$0
#142692	May 3-Aug 30	F	12:30 PM-3:00 PM
#142693	May 2-Aug 29	Th	10:00 AM-12:00 PM
Pullen Community Center			
#140219	May 1-Aug 27	M-F	10:00 AM-9:00 PM

Cards and Mah Jongg Open Play

Play cards (Bridge, Canasta, Poker, etc...) Mah Jongg or more with your friends.. This is a great way to freshen up your skills. This is an open play time for all. Bring your supplies or use ours.

Anne Gordon Center for Active Adult			Course Fee: \$0
#141391	May 3-Aug 30	F	2:00 PM-4:00 PM
#141392	May 7-Aug 20	Tu	1:00 PM-3:00 PM

Five Points Center Billiards/Game Room

Join us for a game of billiards, chess, cards or other games in our game room at the Five Points Center for Active Adults. All games and equipment are provided. The game room is available Monday-Friday from 9am-6pm. Course Fee: \$0

Five Points Center Library

Stop in and enjoy our beautiful library at the Five Points Center for Active Adults. This lending library offers fiction and non-fiction books that are available for check out. The library is available Monday-Friday 9am-6pm. Course Fee: \$0

Five Points Dance Nights

Spend a fun and festive evening at our monthly Five Points Dance Nights. Each monthly dance will feature a different live band and theme, from ballroom to disco to country. There's even a free dance lesson offered prior to the start of each dance! Call 919-996-4730 for additional details.

Five Points Center for Active Adults			Course Fee: \$10
#142653	May 30	Th	7:00 PM-9:30 PM
#142654	Jun 27	Th	7:00 PM-9:30 PM
#142655	Jul 25	Th	7:00 PM-9:30 PM
#142656	Aug 29	Th	7:00 PM-9:30 PM

Friday Flicks at Five Points

Join us for a fun filled movie matinee! From new releases to the old classics, there will be something for everyone. Light refreshments provided. Call 919-996-4730 for the complete schedule of upcoming films.

Five Points Center for Active Adults			Course Fee: \$2
#141276	May 24	F	2:00 PM-4:30 PM
#141277	Jun 28	F	2:00 PM-4:30 PM
#141278	Jul 26	F	2:00 PM-4:30 PM
#141279	Aug 23	F	2:00 PM-4:30 PM

Mah Jongg Beginners

Mah Jongg is a game that can be traced back to the 1800's. A growing number of people are realizing the intellectual challenge it offers and the beauty of Mah Jongg itself.

Five Points Center for Active Adults			Course Fee: \$0
#141370	May 9-23	Th	2:00 PM-4:00 PM
Greystone Community Center			Course Fee: \$0
#141369	May 6-27	M	2:00 PM-4:00 PM

Mah Jongg Intermediate

This intermediate workshop is for those that have been through the Mah Jongg beginners workshop or have played the game in the past and need a refresher course.

Five Points Center for Active Adults

#142229 Jun 6-27 Th 2:00 PM-4:00 PM

Greystone Community Center

#142228 Jun 3-24 M 2:00 PM-4:00 PM

Mah Jong Open Play

Play Mah Jong with your friends. This program is for those who know how to play and do not need instructions. Bring your game boards and cards, some supplies are available.

Five Points Center for Active Adults

#142231 May 9-Aug 22 Th Course Fee: \$0 2:00 PM-4:00 PM

Greystone Community Center

#142232 May 6-Aug 26 M Course Fee: \$0 2:00 PM-4:00 PM

Marsh Creek Park

#142230 May 6-Jun 3 M Course Fee: \$0 12:30 PM-2:30 PM

Men's Monday Mornings

This program offers men a "guys only" place to hang out, play games, make new friends and socialize. Drop in to enjoy coffee and play cards or games.

Anne Gordon Center for Active Adults

#141393 May 6-Aug 26 M Course Fee: \$0 9:00 AM-12:00 PM

Read and Go

The Read and Go series combines reading and travel. You will read selected fiction and non-fiction books set in North Carolina and then travel to the locations upon which the book takes place. For the current book list and for more information on the trips, please call (919)996-4720.

Anne Gordon Center for Active Adults

A Deadly Row by Casey Mayes Jul 29 M Course Fee: \$0 1:00 PM

Read and Watch

We have selected books that have been made into movies for you to read, discuss, and watch the movie based on the book. Due to popularity of this program, pre-registration is required. Find Read and Watch list on the web at

www.parks.raleighnc.gov Keyword Search: Adult Programs

Anne Gordon Center for Active Adults

One Day by David Nicholls Course Fee: \$0

#140927 Jun 24 M 1:00 PM-3:30 PM

The Life of Pi by Yann Martel

#140930 Aug 26 M 1:00 PM-3:30 PM

Senior Adventure Club SOAR

This club is for those interested in outdoor activities with other adults. This club is not for the extreme sports person.

Activities include: hiking, white water rafting, canoeing, camping, and exotic travels. Call 919-996-4720 to be added to the mailing list future for trip information.

Seniors Craft Group

Join your fellow crafters for this craft program. Items created are donated to local hospitals, and other charitable organizations.

Five Points Center for Active Adults

#141375 May 1-Aug 27 M-Th Course Fee: \$0 10:00 AM-12:00 PM

Senior Adventure Club SOAR

This club is for those interested in outdoor activities with other adults. This club is not for the extreme sports person. Activities include: hiking, white water rafting, canoeing, camping, and exotic travels. Call 919-996-4720 to be added to the mailing list future for trip information.

Summer Celebration

Celebrate the summer with music, activities, and yummy watermelon! This is sure to be a fun way to enjoy the warm weather and the fellowship of others!

Five Points Center for Active Adults

#142690 Jul 1 M Course Fee: \$3 3:00 PM-5:00 PM

Anne Gordon Center for Active Adults

#143384 Jul 2 T 2:00 PM-5:00 PM

Thursday Theater

Come and enjoy popcorn, soda/coffee or bring your own snack while you watch a movie with your friends. Great place to make friends and socialize. Pre-registration required due to popularity. Call (919)996-4720 for a movie schedule

Anne Gordon Center for Active Adult

Thursdays May 2-Aug 22 Course Fee: \$2 10:15 AM-12:00 PM

Sports**Horseshoes**

Practice your horseshoe skills with other adults. Equipment is provided.

Athens Drive High School

#135985 May 7-Aug 31 Tu/Sa Course Fee: \$0 9:00 AM-10:30 PM

Pickleball

Pickleball combines racquetball, tennis, and table tennis and is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active Adults

#142375 May 1-Aug 28 W Course Fee: \$0 1:00 PM-3:00 PM

Optimist Community Center

#141107 May 2-Jun 4 T/Th Course Fee: \$0 12:30 PM-2:30 PM

Shuffleboard

Practice and play shuffleboard with other adults. All equipment is provided.

Athens Drive High School

#136010 May 7-Aug 31 Tu/Sa Course Fee: \$0 9:00 AM-12:00 PM

Table Tennis Free Play

Learn to play table tennis - all ability levels are welcome.

Five Points Center for Active Adults

#142376 May 6-Aug 26 M Course Fee: \$0 1:00 PM-3:00 PM

Tennis - Free Play For Seniors

Organized drop-in play for tennis players of all levels.

Millbrook Tennis Center

#141802 May 2-Aug 29 M/Th Course Fee: \$0 9:00 AM-12:00 PM

The Golden Years Clubs

Clubs are composed of persons age 55 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, (S) trips (T), cards (C), games (G), and luncheons (L). Contact the club leader for specific club

Asbury Joy Club

Asbury UMC
3rd Thursday, 11:00am
MC, S, T, L, NS
Betty (919) 571-8884

Best Is Yet To Be

Powell Dr. Comm. Center
1st/3rd Friday, 10:00am
SC, T, G, NS
Mary Lou (919) 846-0492

Brier Creek Senior Club

Brier Creek Comm. Center
Tuesdays, 10:00am
MC, S, T, G, L,
Linda (919) 420-2340

Caraleigh Club

Caraleigh Comm. Clubhouse
Tuesdays, 10:00am
SC, S, G, L, NS
Mary Lou (919) 846-0492

Carolina Pines Club

St. Barnabus Church
2nd Wednesday, 10:30am
SC, S, T, G, L, YR
Tonya (919) 831-6435

Catholic Golden Age

Our Lady of Lourdes Catholic Ch
1st Sunday, 1:30pm
LC, L, G, NS
Ed 919) 217-9580

E-Streeters Club

Edenton Street UMC
3rd Tuesdays, 11:30am
LC, L, G, T, YR
Susan (919) 832-7535

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10:00am
MG, S, T, C, G, L, NS
Laura (919) 851-7042

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 09:15am
LC, S, T, G, C, NS
Martha (919) 847-3686

First Cosmopolitan Club

First Cosmopolitan Baptist Ch
3rd Wednesday, 1pm
MC, S, G, L, NS
Gene (919) 266-1222

Go-Getters Club

Stonehenge Apts. Clubhouse
2nd/4th Thursday, 10:00am
MC, S, T, L, NS
Betty (919) 846-2632

Golden Circle Club

Lions Park Comm. Center
2nd Monday, 10:00am
MC, T, G, L, YR
Helen (919) 250-0058

Golden Eagles Club

Top Greene Center
Wednesdays, 11:00am
LC, S, T, G, YR
Carletta (919) 250-2730

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
MC, S, T, L, YR
Margie (919) 467-0572

Hedingham Hi-Milers

Willow Oak Clubhouse
3rd Tuesday, 10:30am
MC, S, T, NS
Bob- (919) 649-4738

Jaycee Park Club

Five Points Adult Center
Wednesdays, 9:30am
MC, C, YR
Doris (919) 510-9932

Joy Club

North Raleigh UMC
Wednesdays, 11:00am
LC, S, T, L, YR
Cletha (919) 847-5988

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:30am
MC, S, T, L, YR
Judy (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10:00am
LC, S, T, G, L, YR
Karen (919) 841-0324

Laurel Hills Bridge Club

Laurel Hills Comm. Center
Tuesdays, 10:15am
SC, C, NS
Cindy (919) 420-2383

Lions Park Club

Lions Park Comm. Center
1st/3rd Wednesday, 10:00am
MC, S, G, L, YR
Jason (919) 831-6995

Lords & Ladies

Jaycee Comm. Center
Visually Impaired Club
2nd Tuesdays
SC, T, C, G, L, Yr
VIP Staff (919) 807-5403

OCBC Twilighters

Oak City Baptist Church
1st/3rd Wed- 11:30am
SC, S, T, L, YR
James (919) 477-6737

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00pm
MC, T, G, L, YR
Juanita (919) 821-7728

Platinum Plus

Sanderford Rd Center
Wednesdays, 10:30am
S,T,C,G,L,SC,NS
Bunny (919) 831-1898
Ricky (919) 250-2757

Prime Timers Club

Hillyer Memorial Church
3rd Thursday, 10:30am
S,T,L,MC,NS
Dick (919) 851-3046

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10am
MC, C, YR
Robbie (919) 8316052

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
SC, S, G, NS
Susan (919) 870-0557

Roberts Park SR Club

Roberts Park Comm. Cntr
Wednesdays, 10:30am
S,T,G,L,SC,NS
Sherri (919) 831-6830

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10am
SC, S, T, G, YR
Anne (919) 231-0363

St. Francis Club

St. Francis of Assisi Parish
2nd Wed 11am, 4th Wed 12pm
LC, S, T, C, G, L, YR
Joan (919) 449-0998

St. Joseph's Seniors

St. Joseph's Catholic Church
3rd Sunday 1pm
4th Thur. dinner
MC, S, T, L, NS
Lorraine (919) 266-3889

Smiling Age Club

Biltmore Hills Comm. Center
Tuesdays, 10:00am
MC, S, T, G, L, NS
Kenny (919) 831-6895

Tabernacle 55+ Club

Tabernacle Baptist Church
1st/3rd Thursday, 11:30am
MC, S, T, L, YR
Peggy (919) 872-2508

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
MC, S, T, L, YR
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
2nd/4th Wednesday, 10:00am
MC, S, T, C, G, L, NS
Dee (919) 630-0320

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11:00am
MC, S, T, L, YR
Mary (919) 845-9626

Wakefield Plantation Sr.

Gardens at Wakefield
1st Monday, 2:00pm
LC, S, T, NS
Donna (919) 562-5580

Wakefield Villagers Club

Villages of Wakefield Club-
house
2nd/4th Tuesday, 9:00am
MC, S, T, C, YR
Margaret (919) 556-9541

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11:00am
SC, S, G, L, NS
Carletta (919) 250-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10:00am
MC, S, T, L, G, YR

*This information is not to be
used for
solicitation purposes .*

Adult Program Trips

Trips are developed with individuals 50+ in mind, but are open to all.

Mystery Trip

June 2013 Cost: TBA

Any guesses on where we are going? Mystery Trips always offer lots of fun and entertainment!

Northern US Parks

July 2013 Cost: TBA

Marvel at the beauty of Yellowstone, Grand Tetons and Jackson Hole!

Rose Hill, NC

Sept 2013 Cost: TBA

Experience the history of Liberty Hall Plantation and the excitement of the Duplin Winery.

Raleigh, NC

Oct 2013 Cost: TBA

Raleigh Parks & Recreation has several facilities and program areas from parks, lakes, historical homes to wildlife facilities.

White Sulphur Springs, WV Oct 2013 Cost TBA

Experience the beauty and fun at The Greenbrier Casino Club, one of the most beautiful casino's. The luxury resort is surrounded by the Allegheny Mountains with breathtaking views.

Mebane, NC

Nov 2013 Cost: TBA

Visit the Iron Gate Winery and The Conservator Center's Winter in the Wild; preserving and protecting threatened wildlife

Charlotte, NC

Dec 2013 Cost: TBA

Visit the Southern Christmas Show and the Carolina Christmas at Charlotte Motor Speedway.

The Adult Program Trip Brochure, Individual Trip Fliers and Registration can be found on our website
parks.raleighnc.gov Keyword: Adult Trips

All trips will depart from the
Anne Gordon Center for Active Adults
1901 Spring Forest Rd, Raleigh, NC 27615

Fun Golfers

The Raleigh Fun Golfers is open to men and women age 55 and over. Join the fun and fellowship with other golfers. All experience and skill levels are welcome to join.

Monthly tournaments are held the last Tuesday and Wednesday each month from April through October. These are 18-hole flighted tournaments, with awards given for both low net and low gross scores. Superball tournaments, trips to other area courses, a spring trip to the Pinehurst area, and a fall beach trip and an end of the season banquet are also held.

Annual dues are \$45.00 per year. The membership year is from January 1 – December 31. Membership fees are not pro-rated during the year. Members are assigned a Fun Golfers membership number card, which can be picked up at Wil-Mar Golf Club after your payment has been processed.

Members of Fun Golfers can play at a reduced rate of \$14.00 green fee and \$8.00 cart fee at Wil-Mar Golf Club Monday through Friday year-round.



ADDITIONAL RESOURCES

Resources for Seniors Janet Harrison, Resources for Seniors Information and Referral Specialist
919-996-4738 www.resourcesforseniors.com

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults .

Meals On Wheels

919-996-4739 www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregate lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application when you arrive.